

I CLAIM:

1. A stepping exerciser comprising:
 - a base including a front portion,
 - a pair of bars pivotally secured to said front portion of said
 - 5 base, and each including an upper portion for being grasped by
 - hands of users, and each including a lower portion,
 - a wheel rotatably supported on said base,
 - means for coupling said lower portions of said bars to said
 - wheel, to rotate and drive said wheel when said bars swing relative
 - 10 to said front portion of said base, said coupling means including a
 - pair of foot supports for supporting the users,
 - a brake device disposed close to said wheel for braking said
 - wheel, and
 - a switch provided on said upper portion of a first bar of said
 - 15 pair of bars, to actuate said brake device to brake said wheel with
 - the hand of the user that holds said upper portion of said first bar.
2. The stepping exerciser as claimed in claim 1 further comprising a driving means coupled between said switch and said brake device to operate said brake device by said switch.
- 20 3. The stepping exerciser as claimed in claim 2, wherein said driving means includes a driver circuit coupled to said brake device, to actuate said brake device.
4. The stepping exerciser as claimed in claim 3, wherein said driving means includes a CPU coupled to said driver circuit.
- 25 5. The stepping exerciser as claimed in claim 2, wherein said driving means includes a control board having a CPU coupled to said switch for being actuated by said switch.